

THE
FEMALE PHYSICIAN:
OR,
EVERY WOMAN
HER OWN DOCTRESS.

WHEREIN

Is summarily comprised, all that is necessary to
be known in the CURE of the several
DISORDERS to which the FAIR
SEX are liable;

TOGETHER

With PRESCRIPTIONS in ENGLISH of the
MEDICINES proper to be given in each Case.



Delivered in a Manner so concise, familiar, and
intelligible, that every WOMAN of common Ca-
pacity may be able, upon most Occasions, to
relieve Herself, by the Method and REMEDIES
herein contained.

A WORK of great Utility to young PHYSICIANS, SUR-
GEONS, and APOTHECARIES.

BY JOHN BALL, M. D.

Author of the MODERN PRACTICE OF PHYSIC, and the
NEW PRACTICAL DISPENSATORY, &c.

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P R E F A C E.

THOUGH, of the diseases of women, a number of authors have taken vast pains in their description and cure; yet the books published upon this occasion are generally written for the use of those who ought not to want them; of those who are already, by profession, in the practice of physic: and these books are limited to their use only, either by being written in *Latin*, a language unknown to the generality of readers, or, which is almost the same thing, by having the prescriptions in that language, though the body of the book itself be in *English*.

The intent of the following tract therefore is, as the title page affirms, to lay

down in a concise, familiar and intelligible manner, all that is necessary in the cure of the several disorders incident to the fair sex, so that every woman of common abilities, may be able, upon most occasions, to relieve herself by the method and remedies therein contained, without any other assistance.

That a work, which is the first of this kind, containing plain and easy instructions for the relief and cure of the many diseases to which the sex are liable, has been hitherto much wanted, is generally confessed; and therefore I flatter myself that the publication of the following sheets cannot fail of being an acceptable present not only to the amiable sex, who are the subjects of this small treatise, but also to young medical practitioners both in town and country, and likewise to those residing in the plantations and our other settlements abroad.

My

My female reader may be assured, that the medicines in this compendium are neat and elegant, well adapted to each particular distemper, and, for the most part, very grateful; and so easily prepared, that if time and conveniency will permit, all, or most of them may be made at home by herself, after procuring the proper compounds and other ingredients from an apothecary or druggist for that purpose: or she may order the apothecary to make them up according to the directions herein prescribed.

I shall close this small preface with observing, that as the following manual is calculated for the use and benefit of the Ladies, great care has been taken to avoid, as much as possible, all technical words or terms of art; yet as some few have unavoidably and necessarily been made use of in order to prevent the language being too low, and thereby to render it above contempt, I have thought
proper

proper to give a sufficient and familiar explanation of them; but the intention of the explanatory notes is not so much to give the full sense or definition of the terms of art or other words, as to explain them, as near as can be, to the common apprehension; for which reason it is hoped and presumed, that gentlemen of the faculty, or others, will not be severe in their criticisms upon them.

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CHAPTER I.

Of the NERVOUS, or HYSTERIC DISEASE.

THERE is no disease so vexatious to the fair sex, as this nervous one, called hysteric. It is common to maids, wives, and widows; and although it may not be attended with great danger, yet it is frequently very terrifying: and moreover, it sometimes deprives them of their senses as effectually, as if they had been seized with an epilepsy, or falling sickness.

The symptoms of this distemper are so various, that they appear in the forms of almost all other diseases: but they may be distinguished by observing the habit of the patient, and by a lowness of spirits, that always attends

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and

them. A pain in the back is another general symptom, and the urine is always pale, thin, and in a large quantity. The mouth frequently runs with water also, the hands and feet are very cold and chilly, and an intolerable pain is sometimes felt in some part of the head, which is generally confined to one point, as if a nail was forcibly drove into it. This is frequently accompanied with reaching and vomiting. There is very often a sense of something like a ball ascending from the bottom of the belly into the throat, which puts the patient under great apprehension of being suffocated. The sick in this condition is affected with the utmost disturbance and dejection of mind; sometimes violent laughter and profuse weeping succeed each other by turns, without any apparent or real cause for either: lastly, * distentions of the belly, grumblings in the bowels, sour or putrid belchings, vomitings, nephritic or gravelly pains, and sometimes a looseness, are added to the train of this manifold distemper.

When a woman has fallen into an hysterical fit, substances that are of a strong, fetid, and

* A distention is a stretching of a part beyond its natural bulk or size.

disagreeable

disagreeable smell: such as the snuff of a candle, spirit of hartshorn, asafetida, and the like, should be held to her nostrils in order to rouze her; sometimes cold water sprinkled upon the face, common snuff, or other sneezing powder, will answer the same end.

If the vessels are full, and the patient is of a strong habit of body, bleeding will be necessary in the fit: but if she be of a weak constitution, and has been often troubled with fits, then bleeding should be omitted, and instead thereof, her thighs and legs ought to be well rubbed, or dry cupping glasses applied.

When she is recovered from the fit, proper means must be used to prevent a relapse. If she be liable to obstructions, and not regular, the menstrual discharges are to be promoted by such remedies as are prescribed in the next chapter, to which I refer the reader.

After this, in order to prevent a return of the fit, and to eradicate the cause of the disorder, a gentle vomit of eight or ten grains of the root of ipecacoanha in powder, or six drams of ipecacoanha wine, or in very weak constitutions, an infusion of carduus, chamomile-flowers, or green tea, is to be administered,

ministered, and which may be occasionally repeated according to the strength and constitution of the patient. A day or two after the vomit, a gentle stomachic purge of an ounce or more of tincture of senna, rhubarb, tinctura sacra, or a scruple of Rufus's pill : or the following draught may be taken at bed-time, and repeated two or three times, at the distance of two or three days each.

Take of the vinous tincture of rhubarb one ounce ; tinctura sacra, half an ounce ; spirit of lavender, one dram.

Mix and make a draught.

It will be proper for the patient to take at night going to rest, after the operation of each vomit and purge, fifteen or twenty drops of the Thebaic tincture (commonly called liquid laudanum) in a glass of burnt wine, mint tea, &c.

After these evacuations, we must now enter upon the use of such remedies as not only strengthen the stomach and bowels, but likewise the whole body ; and they that have been found by experience to be of the greatest efficacy in this respect, are bitters, the bark, elixir of vitriol, steel, and the cold bath.

Take

Take of the bitter infusion, directed in the next chapter, twelve ounces; simple cinnamon water, and nutmeg water, each two ounces.

Mix, and let the patient take a wine glass every morning fasting, and at six o'clock in the afternoon. If this light bitter infusion heats too much, it must be weakened, or taken along with twenty or five and twenty drops of elixir of vitriol, or exchanged for the bark, which is more strengthening and less heating than bitters. It may be given either in substance or decoction, but rather infused in cold or boiling water, in lime water, wine, brandy, or rum: the proportion is an ounce of bark powdered, to a pint of any of the above liquors, to be infused together for four or five days, often shaking the vessel, and then to be strained out for use; to which, (if water is made use of) may be added two ounces of nutmeg water; but if the patient be troubled with acidity, or sharp humours in the stomach or bowels, it ought to be infused in the lime water cold, brandy, or rum.

LIME-WATER.

Take a pound of quick lime, and a gallon and a half of water.

Pour the water gradually upon the lime, and when the ebullition or bubbling is over, let the whole stand to settle; then decant or strain the clear liquor for use, which is to be kept in vessels closely stoppt.

The bark and bitters may be very advantageously joined, as in the following form :

Take of the Peruvian bark in powder, an ounce and a half; dried orange peel, half an ounce; cinnamon bruised, and gentian root sliced, each two drams; brandy, two pints.

Infuse them together for a week, frequently shaking the vessel, then strain it for use.

A large spoonful or two of this tincture may be taken twice a day in a glass of water as above directed.

When acids do not disagree, twenty or thirty drops of the elixir of vitriol may sometimes

times be taken with advantage in each dose of the tincture. This elixir taken twice a-day, in this, or a larger dose in spring water alone, has often good effects in strengthening the stomach and restoring a decayed appetite; and is generally an excellent cooler when the stomach complaints are attended with any degree of feverish heat, thirst, and a white tongue.

There are few medicines that so remarkably strengthen the stomach and bowels, and indeed the whole body, (and consequently must be serviceable not only in this, but in all other nervous disorders) as iron or steel and its preparations.

Take of conserve of orange peel, two ounces; candied ginger, half an ounce; rust of iron finely powdered, three drams; aromatic species, one dram; syrup of sugar, a sufficient quantity to make an electary: let the patient take the bigness of a nutmeg of this every night and morning, with a glass of the above bitter infusion with cinnamon and nutmeg waters, or Spa, Pyrmont, or other chalybeate or steel water; and use moderate exercise.

These



These, or our own steel waters, may sometimes be drank to the quantity of a quart a day, either alone or mixed, at meals, with a glass of red port; and in some cases, twenty drops of the tincture of steel may be taken twice in twenty-four hours in any of these chalybeate waters.

Or,

Take of the gum pills, three drams; salt of steel, one dram; aloes, half a dram; oil of mint, eight drops; tincture of myrrh, as much as will make them into a mass.

If a dram of this mass is made into twelve pills, three or four of them may be taken for a dose, twice or sometimes thrice a day, drinking a glass of some of the above liquors after them.

At first taking chalybeate or steel medicines, they are apt to encrease the complaints, (as Doctor Sydenham observes,) and occasion great disorders both of body and mind; which, however, soon go off, or may be relieved by about fifteen or twenty drops of the Thebaic tincture given at bed-time, in a little mulled wine, mint tea, or any other proper liquid.

Nothing

Nothing perhaps strengthens the nervous system or state of the nerves in general more sensibly, or gives a greater spring to all the vessels, than cold bathing; for although the water only acts immediately on the cutaneous § nerves and vessels, yet its strengthening power is, by sympathy, communicated to the inmost parts of the body. The most proper seasons for it, are the spring, summer, and autumn. It is enough, especially for those of a spare habit, to go into the cold bath three times a week; but as it tends to make people thinner, those who are too plump may use it daily.

When the stomach, liver, or other bowels are much obstructed, or otherwise very un-sound, the cold bath is improper, since by turning the blood with more force than usual upon these parts, it may increase, instead of lessening the patient's complaints.

To prevent mistakes, it may be proper to mention here, that while I recommend bitters, the bark, elixir of vitriol, chalybeate or steel medicines, and cold bathing, as the best strengtheners of a delicate nervous system, I

§ Belonging to the skin,

do not mean that all these are to be used, especially at once, by the same patient. In some cases the tincture of the bark with some bitters will be sufficient. In others, more benefit may be found from steel in substance, or from the chalybeate waters; and sometimes cold bathing may succeed, or at least make the cure more compleat, after inward strengtheners have in a good measure failed.

I shall only add, that when nervous complaints, arising principally from a delicacy of the nervous system, are attended with a quick pulse and a preternatural heat, bitters and steel are improper; but an infusion of the bark in cold water, as already directed, with elixir of vitriol, will often prove useful. Pregnant women likewise, and others whose blood is hot and thin, or who being of a bilious, warm constitution, are subject to any kind of hemorrhage or flux of blood, should carefully avoid the use of steel medicines and bitters.

Asafetida is the strongest of the fetid gums, and of frequent use in hysteric and different kinds of nervous complaints. It is likewise of considerable service in flatulent colics; and for promoting all the fluid secretions in either
sex.

sex. In cases where sudden relief is wanted, it ought to be given dissolved in some of the simple waters in the following or like manner: but a too frequent repetition of such a warm medicine hurts the stomach at last.

Take of the purest asafetida, four scruples; salt of hartshorn, one scruple: dissolve them by rubbing them in a mortar, in seven ounces of simple pennyroyal water, and add one ounce of compound spirit of lavender, and half an ounce of syrup of saffron.

Of this mixture the patient may take a large spoonful when faint or very low spirited.

Or a tea spoonful or two of either the fetid tincture, or tincture of foot may be taken upon the like occasion in a glass of water, wine and water, or any other liquor.

Or the following drops, which are more grateful, will frequently answer our purpose.

Take of tincture of castor half an ounce; volatile aromatic spirit, and spirit of lavender, each two drams.

Mix them together, to be taken as above.

When,

When, in the decline of life, the menses cease, various nervous or hysteric symptoms appear, which are generally lessened, and sometimes removed, (as Doctor Whytt observes in his observations on nervous disorders) by frequent small bleedings, gentle stomatic purges * and issues.

Before the close of this chapter it may be proper to observe, that good air, proper aliment, moderate exercise, and agreeable amusements should always accompany the use of the foregoing remedies, not only in this, but in all other nervous complaints.

In the first place then, as a cool and dry air braces and imparts vigour to the whole body, so nothing tends more to relax and weaken than hot air, especially that which is rendered so by great fires, or by stoves in small rooms.

When the stomach and bowels are weak, the body ought to be well guarded against cold, (as Dr. Whytt well observes) especially in winter, by wearing a thin flannel waistcoat

* Some such purges are already mentioned in the former part of this chapter, page 4.

next

next the skin ; for this will keep up an equal perspiration, and defend the stomach and bowels from impressions, to which they would otherwise be subject, upon every sudden change from warm to very cold weather.

In regard to food, it ought to be nourishing, but of easy digestion, and suited to the stomach of the patient. Fat meats and heavy sauces are hurtful. All excess is to be avoided. Sickly people ought never to eat more at once than they can digest with ease. Above all things, heavy suppers are to be avoided, because the digestion goes on more slowly in time of sleep, than when we are awake.

Wine in general, is preferable to malt liquor, as being lighter, less apt to ferment, and less windy : a few glasses of it therefore in time of eating, or after it, may be useful, but more will load a weak stomach, and hinder digestion. The best time to drink a *little* wine, is upon an empty stomach ; for the liquor being, in that case, less weakened and more readily applied to the nerves there, must have the greater effect in strengthening them. For common drink, water alone that has boiled, or with a little wine, is the lightest and best ;

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but

but when the stomach and bowels are troubled with acidity, water mixed with a small proportion of rum or brandy, is greatly preferable to wine or malt liquor.

Under this head, Dr. Whytt observes, that the frequency, now-a-days, of stomach complaints and nervous ailments, as they are commonly called, may be partly owing to the too great use of tea.

Exercise is of such use for strengthening the whole body, as well as the stomach and bowels, that, without its assistance, the most powerful medicines will often prove ineffectual. Of all kinds, riding on horseback has been justly esteemed the best. Our experienced Sydenham particularly extolls it in hypochondriac and hystERIC disorders. But it is proper to observe, that any great exercise, especially riding on horseback, after a full meal, will disorder the stomach, and retard digestion, instead of promoting it.

Rubbing of the legs, arms, trunk of the body, and belly, with a flesh-brush, with flannel, or a coarse linen cloth, is a kind of exercise that strengthens, promotes the circulation,



lation, and is particularly beneficial when the bowels are weak.

Lying too long in bed will weaken and relax, while early rising, like gentle exercise, or cool air, will brace and invigorate the body.

In regard to amusements, the mind ought to be diverted and kept as easy and chearful as possible; since nothing hurts more the nervous system, and particularly the concoctive powers, than fear, grief, or anxiety.

Nervous or hysteric diseases, from a concealed or disappointed passion, are better cured by the enjoyment of the object; or if this cannot be obtained, by proper diet, amusements, and by opiates, especially at bed-time, for composing the mind and procuring sleep, than by the whole class of nervous medicines; but if the patient be single, and of a proper age, the advice of Hippocrates should be followed, who wisely says, that a *woman's best remedy is to marry, and bear children.*

C H A P. II.

Of the MENSES, and their SUPPRESSION.

THE late learned and ingenious Doctor Friend, in the preface to his discourse on the Menses, seems greatly to lament the unhappiness of women, when he says, “wretched surely and unequal seems the condition of the female sex, that they who are by nature destined to be the preservers of the human race, should at the same time be made liable to so many diseases. For whatever course of life they pursue, few there are, who enjoy an health untainted and exempt from pain : for if they enter into a wedded state, even from that source of pleasures something bitter arises, and pregnancy brings with it at least a length of loathing, if nothing more calamitous ; if they make a vow of celibacy†, with all their precau-

† A single life.

tion they will hardly be able to avoid labouring under some distemper, even upon that very account, because they are strangers to a mother's pangs. For that supply of blood which women ought to collect for the use and aliment of their offspring, if it either inwardly encrease, or flow something immoderately, excites a thousand disorders in their tender frame. So artificially indeed is a woman formed, that at some stated seasons that redundancy of blood may be discharged: however, an infinite number of accidents happen daily, which interrupt this salutary work of nature; so that art must be called in for relief, lest, through the defect or irregularity of this evacuation, such disorders should occur."

A flux of blood issuing from the womb every month, is called the menses, menstrua, the menstrual purgation, or monthly courses of women: this monthly discharge commonly begins about the age of fourteen, and ends from about forty-five to forty-nine; though sometimes it begins sooner or later, and continues beyond the forty-ninth year; (but that must be very rare) besides the relations we have of women, altogether free from it. Doctor Smellie observes that the menses commonly

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begin



begin about the age of fifteen, and end about forty : the usual quantity discharged at a time in a healthy and natural state, being about four ounces, and that they generally continue four or five days. Upon the whole, it may be said, that women naturally have this evacuation during that whole period of their lives in which they are fit for child-bearing.

It is farther to be observed, that though this period most frequently recurs monthly, yet sometimes it happens on the twentieth day, nay, sometimes twice in a month, and at other times it returns not even once in a month ; and all this inconstancy too sometimes without any injury to the health of the person.

In bilious§, and hot constitutions, the menses flow something earlier, and finish their periods sooner. Dainty and luxurious women, who feed high, and live sedentary lives, have the first appearances of these usually earlier than working people, and the flux is often continued beyond the sixth day : and on the contrary, it is terminated sooner in those of a

§ Abounding with bile or choler, which is a humor of a warm, irritating nature.

grosser

grosser habit, and in those that use a slender diet, or much exercise : but in girls of a more delicate and less sanguine habit they break forth later than in bilious, hot constitutions. So that in warmer climates they arrive a year or two before the fourteenth, and in the colder they exceed it. In pregnant women, and such as give suck, they are for the most part wanting, especially after the third or fourth month of their pregnancy. They return with difficulty and but very slowly to women recovering from a very long illness. After the first time, they usually appear regularly every month, reckoning from the day of their first appearing, not from that of leaving the person. The quantity of the evacuated blood encreases to the flower of age, at that time of life it remains the same ; and age again declining it is gradually diminished. The blood is found thinner in younger women, but thicker in those who are more advanced in years. The discharge is greater when it begins than afterwards, and gradually decreases every day till it wholly stops.

Of

Of the Method of Cure in a Suppression or Stoppage of the Menfes.

But before I enter upon the method of cure, it is to be observed that there is not always room for medicine in a Suppression of the Menfes, since every suppression is not morbid, (not a distemper) therefore the Menfes are not to be provoked, because they ought not to flow. Thus they are wanting in those who are with child, or give suck, as already observed, without injuring the health. Or, if the blood be deficient, if too great an evacuation, if a chronic disease, that is, one of long standing, or great want have preceded, the Menfes are in no wise to be brought down, till the strength is recruited. Because the suppression is so far from being injurious to these women, that it would rather occasion a distemper, if the flux be unseasonably excited.

But because a diminution of the Menfes is by far the most frequent distemper, and so common among virgins, we will begin with that; for as much as there is hardly found any
disease

disease in girls, which has not this either for its cause, or attendant.

There are various degrees of the diminution ; for the *Menses* either flow too sparingly, or too slowly, as also very difficultly, or, what oftener happens, not at all : but the severest symptoms of all follow upon a suppression : which whatever medicines are capable of removing, the same also are some way or other good against a diminution ; so that if the suppression of the *Menses* be fully considered, the other species of a diminution may very easily be understood and cured.

The general or common causes of a stoppage or suppression of the menstrual discharges, are a redundancy and viscosity of the blood ; whereby the fluid becomes incapable of forcing the vessels peculiarly appropriated to this office. And this viscosity, or thickness of the blood, changes the lively colour of the face into a greenish pale and wan complexion : in this case the patient complains of difficulty of breathing, weariness of the limbs, and pain in the breast on going up stairs or up hill. It may likewise proceed from a contraction of
the

the uterine vessels, that is, those of the womb, by catching cold, or any other accidents.

The proper medicines in this distemper are those, which are capable of encreasing the blood's circulation, and attenuating the viscid humours; and such are all bitters, joined with aromatics, or spices, as also many preparations of steel. But to these ought to be premised (as Dr. Mead well observes) blood-letting, and cathartics, (purging medicines) blended with calomel. The tinctura sacra is also an excellent medicine, or the following purging draught, to be taken at bed-time.

Take of tincture of rhubarb, ten drams;
tinctura sacra, six drams; spirit of lavender, half a dram.

Mix and make a draught.

But of all the most powerful menagogues, or medicines that promote the courses, the doctor says, he has found so singular a virtue in black hellebore, that he hardly remembered it ever fail answering his expectations. His way of ordering it is, a tea-spoonful of black hellebore in a glass of warm water, to
be

be taken twice a-day. And he farther observes this remarkable circumstance; that whenever either from bad conformation, or make, of the parts, or any other cause, this medicine had not the desired effect, the blood was forced out through some other passages; which is a manifest proof of the great power of this medicine in spurring the blood forward.

And here it may be proper to observe, once for all, that though steel and black hellebore are both very powerful menagogues, yet the former is most useful where the blood is too thick or viscid, and the circulation weak and languid, which is often the case in young girls especially, and likewise in women of cold phlegmatic constitutions; whilst the latter, viz. black hellebore, is most proper for those of hot, bilious, plethoric, or hectic † habits, where the circulation is already too quick, the fluids too thin, and the flesh hard and dry; for in this case steel, or its preparations, might

† Plethoric means, full of blood and humours. Hectic habits are such, as for the most part, are inclinable to a slow, continual fever, generally ending in a consumption.

not

not only be ineffectual, but highly pernicious.

These things being judiciously considered, I shall now proceed to offer a sufficient variety of useful and efficacious remedies for the relief of these obstructions * ; which, if neglected, or ill treated, are often the cause of an infinite number of diseases very common, and too frequently fatal to the lovely sex.

But to be more particular, bleeding in general being premised, as before mentioned, if neither weakness or any other remarkable symptom forbids it, the following or like medicines are necessary.

Take of dulcified mercury six times sublimed, commonly called *calomel*, seven grains ; salt of amber, three grains ; cordial confection, as much as is sufficient to make a pill, or small bolus, which is to be taken at night going to rest, or rather two successive nights, purging it off the next morning, either after the first or second pill or bolus, with the following or like potion.

* An obstruction is a stopping or shutting up.

Take

Take of infusion of fena, an ounce and a half; Glauber's salts, one dram; tincture of jalap, tincture of fena, and solutive syrup of roses, of each two drams.

Mix and make a potion.

Or,

Take of infusion of fena, an ounce and a half; tincture of fena, three drams; tincture of black hellebore, and solutive syrup of roses, of each one dram.

Mix and make a potion.

Or from half a dram to a dram of the following domestic purging powder, may be taken instead of the above-mentioned potion.

Take of jalap, and cream of tartar, each half an ounce; ginger four scruples.

Mix and make them into a very fine powder.

This is not only a cheap, but likewise a very valuable and useful family purge upon most occasions. It may be given to young persons from ten grains to a scruple, and to grown persons from half a dram to a dram or upwards, in a glass of white wine, melasses, (*common treacle*) or syrup of sugar.

D

SYRUP

SYRUP of SUGAR,

Is made by dissolving over a gentle fire a pound of fine loaf sugar in half a pint (wine measure) of spring, or fine river water.

Very frequently a scruple or half a dram of Rufus's pill, or an ounce and a half or two ounces of tinctura sacra taken at night going to rest, and occasionally repeated, will be a proper purge without any mercurial preparation.

Persons troubled with sickness, load at the stomach, indigestion, &c. and especially women subject to hysteric complaints, can but indifferently bear purging; in these cases, after bleeding, if the strength will permit it, a vomit of half an ounce or six drams of ipecacuanha wine, or from five or six grains, to ten or twelve of the root in powder, will be more convenient, drinking a draught of burnt wine after the operation is over.

After some of these necessary evacuations, as the different circumstances of the patient may require, or in the intervals of purging,
if

if repeated purgations be requisite, some of the following deobstruent or opening medicines will be necessary.

Take of myrrh, round birthwort root, borax, rust of iron prepared, each half an ounce; saffron, three drams.

Mix and make them into a fine powder.

The dose is from a scruple to a dram, twice a day, in a glass of white wine, or mixed with a little syrup of sugar, common treacle, &c.

Or,

Take of casumunar root, myrrh, each half an ounce; salt of steel, fine loaf sugar, each two drams.

Make them into a powder, to be taken in the same dose and manner as the foregoing powder.

Or,

Take of black hellebore root, ten grains; salt of amber, three grains; saffron, two grains; fine loaf sugar, five grains. Reduce them into a powder, for one dose to be taken twice a day, as above directed.

D 22

If

If pills are more agreeable to the patient, the following are very valuable ones.

Take of the gum pills, Rufus's pill, and borax, of each one dram; the essential oils of pennyroyal, and favin, each six drops; elixir of aloes, as much as is sufficient to make them into a mass, which is to be formed into forty pills.

Take of the gum pills, two drams; Rufus's pill, one dram; salt of steel, two scruples; ginger in powder, one scruple; elixir of aloes, a sufficient quantity to reduce them into a mass, which is to be made into forty-eight pills: three, four, or five of either of which pills may be taken twice a day, drinking a glass of the underwritten bitter infusion, or four spoonfuls of the following julep after each dose.

Take of simple pennyroyal water, four ounces; simple rue water, two ounces; spirituous pennyroyal water, one ounce; tincture of castor, two drams; syrup of saffron, six drams.

Mix them together for a julep: two or three spoonfuls of which likewise may be taken at any other time, if faint, or low-spirited, or in slight hysteric complaints.

If

If neither pills nor powders are acceptable to the patient, the following electaries are very powerful ones, and perhaps, not second to any other remedy for this purpose.

Take of zedoary powdered, half an ounce; black hellebore root, myrrh, extract of favin, each three drams; saffron, one dram; syrup of ginger, as much as is sufficient to make an electary;

The bulk of a very small nutmeg may be taken every night and morning, and its effects should be promoted by moderate exercise.

Take of conserve of orange-peel, two ounces; salt of steel, two drams; ginger in powder, one dram; syrup of ginger, as much as will make them into an electary.

The dose, twice a day as above, with proper exercise.

Or from fifteen to thirty drops of the compound elixir of myrrh, may be taken twice a day in a glass of wine and water, spaw, or pyrmont water, or the bitter infusion.

The following drops are likewise very powerful for this intention.

D 3

Take

Take of elixir of aloes half an ounce ; compound elixir of myrrh, and tincture of martial flowers, each two drams.

Mix them together.

From thirty to sixty of these drops may be taken two or three times a day in a wine glass of the following bitter infusion.

Take of fresh yellow rind of lemon peel, carefully freed from the inner white part, five drams ; gentian root sliced, two drams ; ginger sliced, one dram ; boiling water, one pint ;

Let them steep or infuse in a close vessel, for an hour or two, then strain the liquor through a sieve or cloth without pressing.

For nice delicate stomachs the following draught taken twice a day, with proper exercise, is a very useful medicine.

Take of the above bitter infusion, one ounce and a half ; steel wine, two drams ; saffron wine, and nutmeg water, each
○ one dram.

Mix and make a draught.

Fifteen or twenty drops of the tincture of black hellebore may be occasionally added to this draught.

They

They who cannot dispense with powders, pills, or electaries, may for common use take the following diet drink.

Take of the filings of iron, one ounce and a half; the roots of angelica, round birthwort; madder sliced; black hellebore bruised; and the leaves of savin cut small, each half an ounce; old strong beer, four pints:

Infuse them together without heat, for a week, or longer, frequently shaking the vessel, then strain off the liquor for use.

A large glass of this medicated beer may be taken twice a day, using, at the same time, moderate exercise, in order to forward its effects; and as it is a very powerful remedy in obstinate obstructions of the menses, in slighter complaints of this kind the savin may be left out, and the quantity of black hellebore lessened; and in case the patient has any hectic heats, the filings of iron must be omitted.

In common, slight disorders, infusions or decoctions of pennyroyal, mugwort, rue, feverfew, savin, white horehound, the tops of lesser centaury and rosemary, chamomile,
and

and lavender flowers; the roots of angelica, birthwort, madder, turmeric, &c. may be taken two or three times a day, sometimes alone, and sometimes with a spoonful or two of spirituous pennyroyal or hyssop water, and in some cases, with fifteen or twenty drops of the tincture of steel in each dose.

But if the disorder arises from a contraction of the uterine vessels by catching cold, or any other accident, it will be necessary to relax the parts by the steam of warm water, or bathing the parts with a fomentation made by boiling the leaves of mallows, chamomile flowers, and linseed together. Washing and bathing the legs and feet also in warm water, every night going to bed, and afterwards rubbing the legs very well with warm, coarse cloths, or a flesh brush, together with the use of some of the above-mentioned medicines may be very proper.

After having offered a variety of valuable and efficacious medicines in most forms, in order to obviate the many evils the fair sex are liable to from an obstruction or suppression of the menses, I shall now conclude this chapter in taking notice of a certain period of life,

life, (generally unobserved by authors) at or near the time of the courses leaving women, when they appear very irregularly, sometimes impetuously once in a week, fortnight, or three weeks, sometimes not oftener than once in six weeks or two months, and at other times not so often; and as the time of their appearance varies, so likewise doth the quantity discharged vary; and this great uncertainty, as well in regard to the time as the quantity evacuated, is called by the good women, *dodging*.

Now, as this critical period, either neglected or ill-treated, is too often the cause of innumerable evils, and lays the foundation for an irrecoverable bad state of health during the remaining part of life, the following method should be observed.

First of all, if the patient be not too weak, let her be bled in the arm, six, eight or nine ounces, more or less, as her strength and constitution will admit; which may be occasionally repeated two or three times, but in a less quantity, namely, about four or five ounces once in two or three months; but sometimes more frequent small bleedings, together with
issues,

issues, will be necessary ; and every week, or thereabouts, let her take two ounces of tinctura sacra, at night going to rest, mixt with a dram of spirit of lavender, to which may be added, if it doth not sufficiently purge, three or four drams of syrup of buckthorn ; or the following bolus and purging potion may be taken instead of the tinctura sacra, &c.

Take of dulcified mercury sublimate, commonly called *calomel*, six grains ; cordial confection, a scruple.

Mix and make a bolus, to be taken at night going to rest.

Take of infusion of senna, one ounce and half ; tincture of senna, three drams ; tincture of jalap, one dram, solutive syrup of roses, two drams.

Mix and make a potion, to be taken in the morning fasting after the bolus.

Or, from half a dram, to two scruples or a dram of the family purging powder, with jalap, mentioned page 25, may be taken in a glass of white wine, mint water, or the like, in the room of the purging potion.

On

On the intermediate days of purging, the following course should be continued for some time.

Take of the gum pills, and Rufus's pills, each two drams; ginger powdered, half a dram; syrup of orange peel, as much as is sufficient to make them into a mass for pills, which is to be formed into middling sized pills, four of which are to be taken twice a day, with a wine glass of the bitter infusion after each dose.

C H A P. III.

Of an immoderate FLUX of the MENSES.

THOUGH the menstrual discharges, like other natural evacuations, frequently run to excess, yet it must always be observed, that in making any judgment of an immoderate flux, we must compare it with the former periods, accidents, preceding diet, and other circumstances; but the most certain sign of a profusion of the Menses, is a decay in the strength, so that the redundancy of the flux is to be measured only by the strength: for in those women who have long laboured under a suppression, either of the Menses, or any other customary evacuations, the flux may continue long without injury; therefore a critical eruption, although it may be of long continuance, ought not suddenly to be stopt: so that this affair ought to be the more nicely distinguished, because many women of timorous dispositions, have ruined their constitutions

tions by stopping what was but a natural quantity, and proper for their health, under a notion of its being a dangerous excess.

When the patient has a pain and swelling, or tightness of the belly before they appear, and these symptoms go off on their appearance, and she looks well and is easy during the time of their flowing, it is not then to be supposed that they are excessive, though they be large in quantity.

An immoderate flux of the Menfes is usually attended with a weakness, anxiety, syncope (that is, swooning or fainting), a coldness of the extreme parts, paleness, convulsions, and a suffocation †; which symptoms indeed exert themselves while the disorder is recent : but when it becomes inveterate, there come on also at last tumors or swellings, a cachexy, or ill habit of the body, a dropsy, the whites, an hectic fever, and an atrophy, or slow wasting of the flesh.

† By suffocation is meant, such a stoppage of the breath as endangers choaking.

E

After

After a small quantity of blood drawn from the arm, by way of revulsion *, if the patient's strength will admit of it, doctor Mead directs both those medicines, which condense and thicken the blood, and those, which allay its heat. Of the first sort, he says, the principal are such as participate of vitriol or alum; especially the tincture of roses; or a powder, composed of alum three parts, and dragon's blood one part, mixed together. But the heat of the blood, and its consequence, the flux, is more powerfully checked by the Peruvian bark, than by any other medicines whatsoever.

Bleeding being premised, half a dram of rhubarb, with five grains of grated nutmeg, made into a draught, or bolus with diacodium, may be taken two or three times, at proper intervals, unless the flux is very profuse, and the patient extremely weak.

After the first dose of rhubarb, and in the intervals, thereof some of the following medicines will be proper.

* Revulsion is turning the blood another way.

Take

Take of the above styptic powder (composed of alum and dragon's blood) compound powder of amber, nutmeg powdered, each eight grains; syrup of diacodium, as much as will make a bolus, to be taken every four, five, or six hours, drinking a wine glass of the following julep after.

Take two ounces of the conserve of red roses; strong spirit (called oil) of vitriol, one scruple; boiling water, two pints.

First mingle the spirit of vitriol with the water, in a stone-ware vessel, and in this mixture infuse the conserve; when the liquor is grown cold, strain it for use.

Or,

Take of red rose buds, freed from the white heels, half an ounce; strong spirit of vitriol, one scruple; boiling water, two pints and a half.

Mix the spirit with the water, and infuse the roses therein till the liquor is grown cold, as above: then strain it out for use, to which sugar may be added, or not, as occasion requires.

Take of the foregoing tincture of red roses, twelve ounces; simple cinnamon water,

E. 2

and

and red wine, each two ounces; fine sugar, two drams.

Mix and make a julep.

Tincture of roses may likewise be taken as common drink.

Or,

Take of the soft extract of the bark, fifteen grains; toasted nutmeg, five grains; alum, three grains; syrup of quinces, as much as will form them into a bolus, to be taken as above.

Or,

Take of simple cinnamon water, two ounces; styptic tincture, three drams; Peruvian bark in powder, one dram; syrup of quinces, two drams.

Mix and make a draught, to be taken three or four times a day.

The following electary is a very useful medicine.

Take of conserve of roses, one ounce; compound powder of bole without opium, three drams; the above styptic powder, one dram; diacodium, as much as will
make

make them into an electary, the quantity of a nutmeg of which is to be taken three or four times a day, with a draught of tincture of red roses.

In very obstinate fluxes, a quarter of a pint of the following alum whey may be taken three or four times a day.

Take a quart of fresh cows milk, and two drams of roch allum, in powder.

Boil them till the milk is curdled, then carefully separate the whey by straining, and add to it two ounces of fine sugar for use.

Sir David Hamilton has commended a strong decoction of bitter orange-skins, as a singular, but most effectual remedy in an immoderate flux of the menses : it may be prepared in the following manner.

Take the whole rinds of seven Seville oranges. Boil them in three pints of water, to a quart.

To the strained liquor add one ounce of fine sugar, and sixty drops of elixir of vitriol.

The dose is six spoonfuls every third hour.

The patient in this case should be kept cool and perfectly at rest. Jellies prepared with hartshorn and isinglass, and gum arabic or tragacanth dissolved in barley water, rice, and barley gruels, panada, &c. are all very proper in their turns.

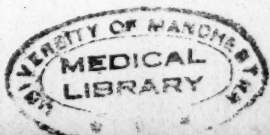
CHAP.

C H A P. IV.

Of the FLUOR ALBUS, or WHITES.

THIS disease, which is peculiar to women, is a discharge of a whitish, gleety matter, by the natural parts of the sex. This humor issues sometimes from the womb, and sometimes from the glands of the vagina, or neck of the womb. In the former case, this discharge is suppressed during the time of the menstrual courses; in the latter, it subsists with them, and continues even in the times of pregnancy. In the more mild cases, a whitish matter, as already observed, only is voided, which has no sharpness, but in length of time the case becomes worse, and the matter grows yellowish, green, or blackish, and is very sharp and corroding, and of a very disagreeable smell. In this case, the patient looks pale in the face, with a blueness about the eyes, and a pain about the back and loins; the breathing is difficult, and very often the legs and feet swell.

Doctor



Doctor Mead observes, that in both species of this disease, that is, whether the humor issues from the womb, or from the glands of the vagina, the principal intention ought to be directed towards mending the habit of body from some fault in which they derive their origin: but when the seat of the distemper is in the vagina, it will moreover require external applications.

As bleeding is not often necessary, unless the person is very plethoric, or the menses are obstructed, it will be proper, in general, to begin the cure with a vomit of six drams, or an ounce of ipecacoanha wine. Frequent purging is likewise * indicated chiefly with rhubarb, with the addition of spices, and in some cases, of a little calomel now and then. And the laxity or weakness of the fibres requires astringents, particularly such as have steel in their composition.

* *Indicated*, that which is pointed out or directed to be done in any disease from its particular symptoms; or, in fewer words, it is the means pointed out for help.

If the disease is mild, and not of long standing, the following preparations may be sufficient after a vomit.

Take of rhubarb in powder, a scruple; nutmeg grated, five grains; vinous tincture of rhubarb, simple mint water, each one ounce; spirit of lavender, half a dram.

Mix and make a purging potion, to be taken going to rest, and which may be occasionally repeated once a week, for two or three times.

Or the following bolus, which is more powerful, may be taken in the like manner, as above.

Take of rhubarb, twenty-five grains; calomel, and grated ginger, each five grains; syrup of sugar, enough to make them into a bolus.

On the intermediate days some of the following remedies should be given.

Take of olibanum, two drams; alum, one dram; salt of steel, two scruples; ginger, one scruple; syrup of sugar, a sufficient quantity

quantity to make them into a mass, to be formed into forty-eight pills, four of which may be taken twice or thrice a day, with a quarter of a pint of spaw, pyrmont, or any other chalybeate or steel water, or any other liquor.

Or,

Take of olibanum, in powder, from a scruple to half a dram, or two scruples; common water, that has boiled, two ounces; nutmeg water, and syrup of sugar, each one dram.

Let the olibanum, with a sufficient quantity of yolk of an egg, be well worked up in a mortar, then add gradually the syrup and common water, and, when they are thoroughly incorporated, the nutmeg-water, and make them into a draught, to be taken twice a day. French brandy will do instead of nutmeg water.

Take of the conserves of hips, and orange peel, and cinnabar of antimony levigated, each half an ounce; mastich, soft extract of the bark, each two drams; colcothar of vitriol, four scruples; syrup of sugar, as much as will make them into an

an electary, of which the quantity of a large nutmeg may be taken three times a day, drinking a quarter of a pint of saffras tea, or the like quantity of either simple, or the more compounded lime-water, after each dose.

When the disease is of the worst kind, and has been of long continuance, and the discharge is yellow, green, or blackish, and of a sharp excoriating * nature, or foul and fetid (that is, of a strong and offensive smell) a vomit, and that sometimes repeated, of four or five grains of the yellow mercurial emetic, (formerly called turbith mineral) made into a bolus, will be necessary, in order to make a revulsion; for in this case the distemper very much approaches to the nature of the venereal disorder; and therefore great care should be taken in examining the patient, that one of these distempers be not mistaken for the other. In this case then,

Take of resin of guaiacum, ten grains; calomel, five grains; cordial confection, fifteen grains; syrup of saffron, as much

* *Excoriating*, Galling or taking off the skin.

as is sufficient to make a bolus, to be taken at night going to bed, and to be repeated the next night, purging them off the following morning with the foregoing rhubarb potion, which may be quickened, if occasion requires, with half a dram or a dram of tincture of jalap.

This purging method may be repeated three or four times, at three or four days distance, and in the intervals thereof, if the case be obstinate, particularly in cold phlegmatic constitutions, and where the glands are foul and obstructed, it will be necessary to make use of proper detergents, or cleansing medicines, especially the tincture of cantharides, from fifteen to twenty or twenty-five drops, twice a day in a draught of infusion of saffrafras, the more compounded lime water, or the following decoction of the woods, &c. for some short time at least. The volatile tincture of guaiacum likewise is frequently of great service, after proper evacuations; two teaspoonfuls of it may be taken, every night and morning in bed, in half a pint of the decoction of the woods made warm, in order to promote sweating.

Take

Take of the shavings of guaiacum wood,
one ounce and a half; saffrafras wood
shaved, half an ounce; liquorice sliced,
two drams; water, two quarts.

Boil the guaiacum with the water, over a
gentle fire, to one quart : adding towards the
end, the saffrafras and liquorice. Strain out the
liquor, and having suffered it to rest for some
time, pour off the clear from the dregs.

After these necessary evacuations, and the
above treatment, either the foregoing strength-
ening pills or electary, or the following one
may be given with more safety, and a greater
probability of success.

Take of the Peruvian bark, in powder, six
drams; nutmeg, three drams; alum,
two drams; colcothar of vitriol, one
dram; syrup of lemon juice, as much as
will make them into an electary, of which
let the patient take the bulk of a large
nutmeg three or four times a day.

Or,

In hot, sanguine constitutions, thirty drops
of the acid elixir of vitriol may be taken,

F

after

after proper evacuations, three times a day, in half a pint of water or tincture of red roses.

As to external remedies, which, as already noticed, are necessary, when the vagina is the seat of the disease; we ought carefully to avoid applying all such as are powerful * repellers of the offending humour: for those only are serviceable, which cleanse, and heal the little ulcers of that membrane. Doctor Mead declares, he has often, with great success, ordered the patient to inject a small quantity of Bates's alum water, or of the camphorated vitriolic water, with a little Egyptian honey added to either, into the vagina through a proper syringe, at repeated times. Or sometimes the restraining fomentation, directed in the chapter on flooding, may be injected in like manner.

And it will be of some service to fumigate the vagina now and then with a powder, made of equal parts of frankincense, mastich, amber, and cinnabar of antimony, thrown on burning coals.

* Repellers are medicines that drive back the humors another way.

Note,

Note, Alum whey, as directed in the preceding chapter for an immoderate flux of the menses, is a most powerful remedy, after proper evacuations, in the cure of this obstinate distemper.

If this medicine should occasion a sourness in the stomach, heart-burn, or any other disagreeable sensation, half a dram of chalk, or prepared crabs eyes, or oyster-shells with a little grated ginger or nutmeg, taken twice or thrice a day, will be useful.

C H A P. V.

Of the DISORDERS *of* CHILD-BED WOMEN.

S E C T I O N I.

Of F L O O D I N G.

IF the blood which is usually discharged after delivery, should flow in so great a quantity as to endanger life, (which may be known by a weak and low pulse, a great loss of strength, fainting, and all such symptoms as are the consequence of profuse and unnatural evacuations) all possible means must be used to stop it immediately; and this is best done by cold applications, and for this purpose cloths dipt in a mixture of vinegar and water, and applied to the back, belly, and vagina, are excellent, for they cause a sudden contraction of the womb, and consequently prevent the flooding.

During

During these applications let the patient take one of the following bolusses or draughts every second or third hour (or oftener if the stomach can bear them) for in this case there is no time to be lost; and in every draught of liquor she drinks, which ought to be cold, let her also take as many drops of the weak spirit of vitriol as will make it of a full tartness.

Take of soft extract of the bark, a scruple;
alum, five grains; nutmeg, two grains;
Thebaic tincture, five drops.

Mix and make a bolus, to be taken as above with four spoonfuls of the following rose julep, of which likewise she may take a small draught between whiles; or rather let it be her common drink till the flooding ceases.

Take of soft extract of the bark, twenty-five grains; spring water, or rather tincture of roses, without sugar, an ounce and a half; simple cinnamon water, and syrup of lemon juice, each two drams; Thebaic tincture, five drops; weak spirit of vitriol, twenty drops.

Mix and make a draught.

Take of tincture of red roses, prepared without sugar, one pint twelve ounces;

F 3

simple

Simple cinamon water, and syrup of quinces, each two ounces.

Mix and make a rose julep, to be drank as above directed.

But when the flooding is not so violent, many or most of the astringent medicines prescribed in the chapter on an immoderate flux of the menses, together with the following restringent fomentation will be sufficient.

Take of oak bark, bruised, one ounce and a half; pomegranate peel, bruised, half an ounce; alum, two drams; smith's forge water, (that is, water in which red-hot iron has been several times quenched) two quarts.

Boil the water with the oak bark and pomegranate peel to a quart; then strain the remaining decoction, and dissolve in it the alum.

Flannel-cloths folded, should be wrung out of this fomentation cold, and applied to the vagina, and renewed from time to time before they grow warm.

This is a strong astringent liquor, in which intention it is directed both as a fomentation
for

for the use above-mentioned, and for strengthening relaxed parts, and likewise as an injection in the whites.

As clotted blood, or part of the placenta, called the after-birth or womb-cake, being left behind, will necessarily cause this complaint of flooding, by preventing the contraction of the womb, it will be proper for the midwife, nurse, or some other skilful person to introduce her hand into the womb, in order to remove the blood or part of the placenta.

The food in this case, which must be nourishing, such as caudle, with hartshorn jelly in it, should be given by a little at a time, and often.

SECTION II.

Of AFTER-PAINS.

THOSE violent pains which frequently seize women after delivery, are called After-pains. These pains may proceed from part of the after-birth being retained, from the parts being bruised in hard labour, from a suppression of the lochia, or cleansings, but most

most commonly from clots of blood being left in the womb by its sudden contraction. They may likewise be owing to taking cold, or a neglect in not making a pressure upon the belly after delivery, either by a proper roller, or linen skirt, &c. The cure consists in a proper use of *sperma ceti*, oily medicines, and opiates *; by drinking plentifully of smooth diluting liquors warm, and by promoting of gentle sweats, by which means the clots come away, and the pains cease: but if the patient be bound, a clyster of broth, or thin gruel only, in order to procure a stool, should precede the use of these medicines.

Take of *sperma ceti*, a scruple; oil of almonds, three drams.

Rub them together in a mortar with a little yolk of an egg, till they are incorporated, then add one dram of syrup of saffron; simple alexeterial water, one ounce and a half; simple pennyroyal water, half an ounce; cardamon seed water, one dram; tincture of castor, fifteen drops; thebaic tincture, eight drops.

Mix and make a draught, to be taken immediately after delivery, and to be occasionally repeated every third or fourth hour.

* Medicines that cause sleep.

Or,

Or,

Take of sperma ceti, a scruple; compound powder of contrayerva, fifteen grains; thebaic tincture, five drops; syrup of saffron, or confection of kermes, as much as will make a bolus to be taken every six hours, drinking four spoonfuls of the following julep after.

Take of simple alexeterial water, four ounces; simple cinnamon water, spirituous pennyroyal water, each an ounce and a half; volatile aromatic spirit, one dram; syrup of saffron, six drams.

Mix and make a julep.

Or,

Take of sperma ceti, beat up with a little yolk of an egg, three drams; simple alexeterial water, four ounces; simple pennyroyal water, two ounces; nutmeg water, one ounce; volatile aromatic spirit, one dram; thebaic tincture, forty drops; syrup of diacodium, six drams.

Mix them together, and let the patient take four spoonfuls soon after delivery, and which may be repeated every third, fourth, or sixth hour, according to the urgency of the pain.

S E C T.

S E C T. III.

Of the SUPPRESSION of the CHILD-BED PURGATIONS.

AFTER delivery there is a considerable discharge of blood, and this natural evacuation is called the Child-bed Purgations, or Cleansings, and by physicians, the *Lochia*. At first this flux is almost pure blood, afterwards it grows paler, and lessens till the fifth, and sometimes the seventh day, when a greenish thin water only appears, which commonly ceases about the twentieth day.

As it is observed, that the *Lochia* or cleansings do not flow so long in women that give suck, as in others; they ought therefore to sweat the more, because it will prevent or greatly abate the milk-fever (which generally happens about the fourth day, when the milk begins to come into the breasts) and this fever often causes a suppression of the cleansings, and when increased, many dangerous and fatal symptoms.

Though

Though several of the remedies before-mentioned for the relief of After-pains, are well enough adapted for a suppression of the lochia ; yet the following, being more powerful medicines, cannot be unworthy of notice.

Take of spermaceti, dissolved with a little yolk of an egg ; compound powder of contrayerva, each one scruple ; simple pennyroyal water, an ounce and a half ; spirituous pennyroyal water, saffron wine, and simple syrup, each one dram ; tincture of castor, twenty drops.

Mix and make a draught, to be taken every fourth or fifth hour.

Or,

Take of myrrh, in powder, seven grains ; contrayerva root, in powder, borax, each five grains ; saffron, three grains ; syrup of saffron, as much as will make a bolus, to be taken as above, drinking three or four spoonfuls of the following julep after each bolus.

Take of simple pennyroyal water, six ounces ; simple cinnamon water, and nutmeg water, each one ounce ; salt of hartshorn, one scruple,

scruple, and with three drams of fine sugar make a julep.

Or,

Take of spermaceti, one scruple; oil of almonds, two drams; simple pennyroyal water, one ounce; simple cinnamon water, half an ounce; cardamom seed water, one dram; compound elixir of myrrh, twenty drops; syrup of marshmallows, two drams.

Mix and make a draught to be taken every six hours.

For poor or middling people, who cannot so conveniently have any other assistance, the following drops are excellent, not only in the present case, but likewise in a stoppage or suppression of their menses: thirty or forty drops may be taken every six hours in a draught of pennyroyal tea or water, or any other suitable liquor.

Take of the compound elixir of myrrh, half an ounce; tincture of cardamoms, and spirit of lavender, each two drams.

Mix them together, and let them be taken as above directed: but in a suppression of the menses forty of these valuable and powerful drops

drops should be taken only twice or thrice a day.

Before the close of this part, it may be just proper to observe, that, in order to relax the vessels, and promote gentle sweating, the remedies above specified should be accompanied with the use of proper warm diluting liquors, such as barley water, thin gruel, almond emulsion, chicken water, and the like, together with caudle of a moderate strength from time to time, in order to support the patient.

S E C T. IV.

Of an Immoderate FLUX of the CHILD-BED PURGATIONS.

THE natural cleansings, or discharges of lying-in women, called by physicians, as before observed, the *Lochia*, are known to be excessive, or to flow in too great a quantity, by a great loss of strength, fainting, clotted blood flowing from the womb, loathing of food, pains in the lower parts of the belly, and such other symptoms as are the consequence of profuse and unnatural evacuations.

G

If

If the flux is very large, so as to endanger the life of the patient, some part of the placenta, or large clots of blood, may probably remain in the womb; if this should be the case, the midwife must search for them in the same manner as is already directed in the affair of flooding.

The most useful medicines in general, not only in this disorder, but also in restraining an immoderate flux of the menses, are the tincture of red roses, Japan earth, alum, opium, and elixir of vitriol.

The following form of administering alum mixed with Japan earth, is a very good one, as being much more agreeable to the stomach than the styptic powder recommended by the late Doctor Mead, in the chapter on an immoderate flux of the menses.

Take of Japan earth, half an ounce; roch alum, and cinnamon, each two drams.
Mix and make them into a fine powder.

The dose is from a scruple to half a dram or two scruples, in a small draught of red wine and water, tincture of red roses, mint tea, &c.

Take

Take of the above alum astringent powder, half a dram; simple alexeterial water, one ounce; simple mint water, three drams; nutmeg water, one dram; Thebaic tincture, five drops; syrup of diacodium, one dram.

Mix and make a draught, to be taken every third, fourth, or fifth hour. Or sometimes four spoonfuls of the alum whey may be taken every four hours.

Or,

Take of the compound powder of bole with opium, one dram; simple mint water, six ounces; nutmeg water, one ounce; Japponic tincture, half an ounce; syrup of lemon juice, one ounce.

Of this mixture let the patient take two large spoonfuls every two, three, or four hours.

In regard to outward applications, if necessary, the foregoing restringent fomentation prescribed in the former part of this chapter for flooding, will be sufficient.

S E C T. V.

Of the MILK FEVER.

ABOUT the third or fourth day after delivery, a small fever usually comes on, which is called the Milk Fever, and continues generally for two or three days, till the nutritious juice is perfectly converted into milk; it goes off again about the seventh or ninth day, with a gentle breathing sweat, seldom requiring the assistance of a physician: but as this fever generally causes either a suppression, or at least, a diminution of the *Lochia* or cleansings, some care should be taken, by proper mild medicines, to restore these natural discharges to their usual quantity, and, at the same time, to promote, by relaxing the vessels, gentle breathing sweats; and for these purposes the following remedies are useful.

Take of compound powder of crabs-claws,
and compound powder of contrayerva,
each ten grains; castor, three grains;
saffron, two grains.

Mix

Mix and make a powder, to be taken every six hours in a little wine whey, or with four spoonfuls of the following mixture.

Take of spermaceti, two drams; a little yolk of an egg. Rub them together in a mortar till they are well mixed, then add by degrees five ounces of simple alexeterial water; simple pennyroyal water, two ounces; spirituous pennyroyal water, one ounce; syrup of saffron, six drams.

Mix them together.

When the fever runs high, with pain in the head, back, and breast, and no sweat, it may be proper to take away four or five ounces of blood from the foot, after which a sweat commonly breaks out, and the patient is relieved; and if she is costive, a clyster of milk and sugar should be given.

But if the fever, after these evacuations, still continues high, five or six grains of nitre must be added to each powder, and the saffron should be omitted.

During the use of these remedies, the patient should be enjoined to drink freely of thin diluting liquors made warm, such as barley

water, gruel, almond emulsions, balm tea, chicken water, small wine whey, and the like, in order to promote and keep up a gentle perspiration.

S E C T. VI.

Of a LOOSENESS.

THIS disorder is often brought on by a stoppage of the necessary discharges in lying-in-women: sometimes by drinking cold liquors, or falling into violent passions: though sometimes a few loose stools may relieve the patient, by freeing her of a fever; yet, if it should prove to be a purging or looseness, it is by all means to be stopt by opiates and proper astringents.

If this complaint arises from a sharp or slimy humor in the bowels, it may be proper in the first place to administer a small dose of rhubarb in order to carry off the offending matter; for which intention twelve or fifteen grains, or a scruple of rhubarb, with about five grains of grated nutmeg, may be taken in a little mint tea,

tea, or the same quantity made into a bolus, with a dram of electary of scordium (commonly called diascordium) and syrup of saffron, or a spoonful or two or more of the vinous tincture of rhubarb may be taken in room of the powder or bolus.

After the operation of the rhubarb, the patient may take two large spoonfuls of the following mixture after every loose stool; (for in this case, the common astringents must not be given immediately) and let her take hartshorn drink, boiled with a little cinnamon, for her common drink.

Take of chalk prepared or finely powdered, three drams; gum arabic in powder, one dram; fine sugar, two drams; boiling water, half a pint.

Mix them together, and add two spoonfuls of brandy.

Or,

Take of the finest starch powdered, half an ounce; simple cinnamon water, half a pint; nutmeg water, one ounce; fine sugar, two drams.

Make them all into a mixture, to be taken as above directed.

But

But if, notwithstanding the above evacuation, &c. the looseness should still continue, recourse must be had to proper astringent, diaphoretic, and anodyne † medicines, to be taken after every loose stool.

Take of cordial confection, two drams ; compound powder of bole with opium, two scruples ; simple alexeterial, and mint waters, each three ounces ; Japonic tincture, six drams ; syrup of diacodium, one ounce.

Mix, and let the patient take a large spoonful or two after every loose stool.

The following starch glyster also, if the purging proves obstinate, must be administered, together with the draught every night and morning.

Take of thin jelly of starch, such as the laundresses make use of, a quarter of a pint ; a large spoonful of brandy, and forty drops of the Thebaic tincture.

† Diaphoretic medicines are such as procure sweat ; anodynes ease or allay pain.

Mix

Mix and make a glyster, to be injected warm, soon after a stool, and to be kept in the body as long as possible, and occasionally repeated.

Take of electary of scordium, one dram ;
snakeroot, five grains ; saffron, three
grains ; alexeterial water, ten drams ;
simple cinnamon water, half an ounce ;
spirituous cinnamon water, and syrup of
diacodium, each two drams.

Mix and make a draught to be taken every night and morning, during the continuance of the flux.

The diet in this case may be hartshorn and calves-foot jelly, panada, thin starch, sago, rice-gruel, &c. The drinks, the white drink with cinnamon, as above, and sometimes gum arabic dissolved in it, a decoction of logwood, burnt red wine, wine and water, with a toast and nutmeg, &c.

C H A P. VI.

Of BARRENNESS.

Generation and the prolific powers of each sex being as yet so very obscure, the causes of barrenness are very difficult to be accounted for.

Sometimes it may proceed from obstructions, tumors, ulcers, or some other indisposition of the womb itself, and then it is, for the most part, incurable. It may proceed also from the acrimony or sharpness, or some other vitiated and ill state of the blood and humors: too much fatness may sometimes likewise be the cause of it. The whites flowing in a large quantity, and of long continuance, an obstruction or deficiency of the menses, falling down of the womb, and many other diseases may likewise cause barrenness, or at least a temporary one, till these disorders are cured.

But

But the most frequent cause of all, is a cold and moist indisposition of the whole body and womb ; but as the whites is a disease which generally accompanies this cold and moist indisposition of the body, the cure of this, or even any other malady should be first undertaken and properly pursued, before any other attempt can be made for the cure of barrenness. In regard to the particular cure of the whites, I must refer my female reader to its proper chapter, where she will find all the means that are necessary for her relief.

Upon the whole, though coldness of constitution, draining weakness, together with several other complaints already mentioned, are justly charged as the cause of barrenness in women ; yet at the same time it must be confessed, that many women are unjustly deemed barren, that are not so : for the reason why a woman doth not conceive and bear children, is very often owing to a defect in the man : either from a natural inability or impotency in him, or an acquired one, by frequent irregularities and debaucheries, or a bad state of health, &c.

If

If the patient is of a bad habit of body, or abounds with ill humors, it will be necessary to begin with proper purgatives, which may be occasionally repeated at convenient distances: several such purgatives may be seen in the chapter on the whites, particularly the rhubarb bolus with calomel, &c. page 45, or the guaiacum bolus with calomel, &c. page 47: together with the rhubarb purging potion, page 45. But if she is of a strong or sanguine and plethoric constitution, bleeding should precede the use of the purgatives.

Afterwards, and in the intervals of purging, let the patient take for some time the bulk of a small nutmeg of the following alterative electary every morning and evening, with a quarter of a pint of lime water or a decoction of the woods made warm, in order to open obstructions of the glands, and to correct the impurities of the blood and juices.

Take of crude antimony, finely levigated, three drams; resin of guaiacum, two drams; oil of saffrafras, six drops; conserve of red roses, one ounce and a half; balsamic syrup, as much as is sufficient to make an electary.

After

After a proper use of the above means, (where a bad habit of body is the case) some of the following most powerful medicines should be taken, which will warm and invigorate the blood and juices, facilitate the circulation and return of the blood from the most distant parts of the body, strengthen the womb, and promote conception, &c. especially in cold phlegmatic constitutions.

Take of Peruvian bark in powder, an ounce and a half; cinnamon, gum guaiacum, rhubarb, each half an ounce; Virginia snakeroot, three drams; Peruvian balsam, two drams; saffron, one dram; best French brandy, two pints.

Infuse them together in a bottle or decanter well stoppt, for a fortnight, often shaking the vessel, then strain off the clear tincture for use.

Of this beautiful cordial tincture the patient may take four large spoonfuls, or a wine glass two or three times a day.

Or,

Take of conserve of rosemary tops, one ounce; candied nutmeg, half an ounce;

H

candied

candied ginger, two drams ; cinnabar of antimony, levigated, three drams ; snake-root, one dram ; syrup of saffron, as much as will make an electary.

Or,

Take of eryngo root, candied, and conserve of orange peel, each one ounce ; Virginian snakeroot, powdered, three drams ; aromatic species, two drams ; saffron, one dram ; syrup of saffron, as much as is sufficient to make an electary.

The quantity of a nutmeg of either of these electaries may be taken twice or thrice a day, drinking a quarter of a pint of infusion of rosemary tops (made after the manner of tea) or the like quantity of pyrmont or spa-water, with thirty drops of the following mixture in each dose.

Take of tincture of cantharides, tincture of iron in spirit of salt, tincture of saffron, and volatile aromatic spirit, each two drams.

Mix them together.

The

The following prolific elixir is a most powerful cordial, and stimulating * remedy for this purpose, and is preferable to the much boasted viper drops, essence or quintessence of vipers, &c.

Take of cinnamon, and gum guaiacum, powdered, each one ounce; cantharides, bruised, one dram; musk, half a dram; volatile aromatic spirit, and compound spirit of lavender, each one pint.

Infuse or digest them together without heat, in a vessel well stoppt, for a week or longer, often shaking the vessel, then strain off the clear elixir for use.

The dose of this prolific elixir is from thirty to forty, or even to sixty drops two or three times a day, in a draught of Spa or Pyrmont water and wine, or infusion of rosemary tops, or other proper liquor.

As the above medicines are excellently well calculated for the weaknesses peculiar to either

* Exciting, promoting, or enforcing a quick sensation.

sex, therefore if there is the least reason to suspect the man's impotency, whether occasioned by feminal weakness, or any other defect in the generative faculties, he should likewise enter upon a course of these remedies, which will invigorate the blood, fortify the nerves and animal spirits, and replenish the whole habit with a generous warmth and vigour, by which means (together with the use of the cold bath, proper nourishing food, and great regularity) he may probably be able to propagate his species.

Or sometimes a quarter of a pint of the following decoction may be drank alone four times a day.

Take a fresh viper, freed from the head, skin, and intestines, cut in pieces; candied eryngo root, sliced, two ounces.

Boil them gently in three pints of water, to a pint and three quarters, and to the strained liquor add simple and spirituous cinnamon waters, of each two ounces.

Mix them together, to be taken as above directed.

The

The following viper broth (taken from the London Dispensatory) is a very nutritious and proper restorative food in this case, and seems to be one of the best preparations of the viper : for all the benefit that can be expected from that animal is by this means obtained.

Take a middle sized viper, freed from the head, skin, and intestines ; and two pints of water. Boil them to a pint and a half ; then remove the vessel from the fire ; and when the liquor is grown cold, let the fat, which congeals upon the surface, if the viper was fresh, be taken off. Into this broth, whilst warm, put a pullet of a moderate size, drawn and freed from the skin, and all the fat, but with the flesh intire. Set the vessel on the fire again, that the liquor may boil ; then remove it from the fire, take out the chicken, and immediately chop its flesh into little pieces : put these into the liquor again, set it over the fire, and as soon as it boils up, pour out the broth, first carefully taking off the scum.

Of this broth let the patient take half a pint every morning, at two of the clock in the afternoon, and at supper-time.

It may be of some use to fumigate the private parts now and then with a powder, made of equal parts of amber, benzoine, frankincense, and myrrh, thrown on burning coals, or a hot iron.

Warm bathing, or sitting in a bathing-tub of warm water, for half an hour or longer before going to bed, may likewise be of some service, together with the remedies above prescribed ; and this method of bathing will be rendered still more powerful, by boiling in the water a proper quantity of warm plants, such as rue, pennyroyal, feverfew, favin, chamomile flowers, and the like.

But the most effectual service (along with other proper means) may be expected from bathing and drinking the waters of Bath in Somersetshire.

C H A P. VII.

Of ABORTION or MISCARRIAGE.

I SHALL here present my female reader with all that is necessary or useful towards preventing the unhappy affair of abortion ; which frequently debars many fond and good women from being the joyful parents of a desirable and happy offspring.

The cure in general is performed by bleeding, keeping the body open by small doses of rhubarb from time to time, if costive, rest, strengthening remedies, and opiates or quieting medicines occasionally, food of light and easy digestion, together with a due regulation of the affections or passions of the mind, &c. by keeping her cheerful, and in good humour, as much as may be.

If the patient therefore is of a sanguine, strong, and full habit of body, frequent bleedings in a small quantity may sometimes be necessary ;

cessary ; but if she is infirm and of a tender delicate constitution, and, through weakness, has been subject to miscarriages, bleeding must not be attempted. For though bleeding (as Dr. Cheyne justly observes) may do well enough in sanguine, robust, and plethoric constitutions ; yet it is certain ruin to those of slender and weak nerves, and the surest way to cause the miscarriage it is designed to prevent, by relaxing the nervous fibres ; which bleeding does as certainly, as it lessens the quantity of the blood.

After bleeding therefore, when necessary, and an occasional gentle rhubarb purge, the following medicines may be given.

Take of tormentil root, one ounce and a half ; olibanum, Japan earth, nutmegs, each half an ounce.

Mix and make them into a powder.

The dose is half a dram or two scruples twice or thrice a day in a glass of red wine, or the following compound decoction of tormentil, or any other proper liquor,

Or,

Or,

Take of conserve of red roses, one ounce;
confection of kermes, half an ounce;
tormentil root, three drams; mastich,
and dragon's blood, each two drams;
nutmegs, one dram; syrup of lemon
juice, or quinces, as much as will make
them into an electary, of which the quan-
tity of a nutmeg should be taken thrice a
day, drinking after it a glass of red wine,
the under-written tormentil decoction,
or a tea-cupful of infusion of well bruised
cinnamon, made in the manner of tea.

Or two or three of the following pills may
be taken two or three times a day, with some
of the above-mentioned liquors after them.

Take of olibanum, and hard extract of the
bark, each one dram and a half; styptic
powder, one dram; oil of nutmegs, eight
drops; oil of cinnamon, four drops;
syrup of sugar, as much as is sufficient to
form them into a mass, to be made into
forty-eight pills.

Or,

Take of Peruvian bark, powdered, six
drams; tormentil root, half an ounce;
cinnamon,

cinnamon, two drams; red wine, two pints.

Infuse them together for a week or fortnight, often shaking the vessel, then strain off the wine for use.

A wine glass, namely, about half a gill of this admirable wine may be administered two or three times a day either alone, or with fifteen or twenty drops of the acid elixir of vitriol.

Or,

Take of tormentil root, grossly powdered, one ounce; Peruvian bark, powdered, six drams; water, four pints.

Boil them to a pint and three quarters, adding towards the end, cinnamon, grossly powdered, two drams. Strain off the liquor, and add to it four ounces of styptic tincture.

The dose of this excellent decoction is a quarter of a pint three or four times a day.

Bristol water, with a very little red wine, is, in many cases, a very proper liquor for common drink,

Befides

Besides the use of some of the above mentioned medicines, the patient may likewise take fifteen, twenty, or twenty-five drops of the acid elixir of vitriol every day an hour before and after dinner in a glass of water ; unless the said elixir should be taken along with the medicated wine just before prescribed. But if at any time she should be troubled with pain or anxiety, she must endeavour to compose herself by going to bed, and taking a few drops, namely, ten, fifteen, and sometimes even twenty, of the thebaic tincture in a cup of mulled wine, mint tea, or the like ; and which may be occasionally repeated upon any extraordinary fatigue, hurry or commotion whatsoever.

In regard to outward applications, though I have no great opinion of them, yet when they are earnestly insisted upon, the strengthening plaster of the London Dispensatory, spread upon leather, and applied to the small of the back, is as good as any.

Or,

Take of the above strengthening plaster,
half an ounce ; melt it in a large spoon,
or small ladle, over a gentle fire, and add
forty

forty drops of the thebaic tincture; spread it upon soft leather, and then with your finger rub it over with three or four drops of the oil of cinnamon.

Some authors recommend a piece of toasted bread dipped in brandy or some generous wine, and sprinkled all over with grated nutmeg, or some other spice, to be outwardly applied to the belly and loins. When plasters are used, this caution should be observed, viz. that they should not be continually wore, but sometimes taken off, otherwise by over-heating the kidneys, they may bring on the gravel, and bloody urine.

In fine, the above method well and diligently attended to, will scarce ever fail, unless some acquired, or hereditary sharpness in the blood and juices, destroy the birth.



C H A P. VIII.

Of a CANCER.

I Shall now close the present undertaking by offering to the valuable sex, who are the subjects of this treatise, my assistance towards curing (if timely taken) or at least mitigating the severe pains and tortures that naturally attend this cruel malady.

Though this disorder is common to both sexes, yet as it generally attacks women, and more especially their breasts, (sometimes the womb, &c.) I have thought proper to consider it in this place as their distemper, though not altogether peculiar to them.

A cancer, which is a tumor or swelling altogether singular, and entirely of its own kind, is, of all the diseases which afflict mankind, the most grievous and rebellious.

I

It

It is generally the consequence of the worst state of a scirrhus (which is a hard, unequal tumor, void of pain, arising from some glutinous matter, &c.) and which scirrhus being so far inflamed and irritated as to become painful from any cause, it is then termed a latent or *occult cancer*; and if this inflammation continues so as to destroy the integuments or coverings, by a sharp corroding humour, it is then termed an open or *ulcerated cancer*.

Of all pains, that is the worst which feels to the patient like actual fire burning within the scirrhus; for then the integuments of the occult cancer are gradually distended by the increasing of its bulk, and eroded by the greater acrimony. We are therefore to endeavour, by all possible means, to prevent a cancer's becoming ulcerous. For when the skin is once broken, a dismal scene is opened, and nothing but a miserable death to be expected, the cancerous humor most greedily devouring the fleshy substance wherever it comes, and being of a caustic nature it corrodes and destroys the nerves and blood-vessels; from whence ensues a profuse loss of the vital fluid, and most commonly immoderate hæmorrhages (fluxes of blood) conclude the doleful tragedy

gedy, bringing on their much desired and welcome death.

However, a scirrhus may remain a long time in several parts of the body without injury, unless the adjacent vessels be much compressed by it; but if once the old scirrhus matter, either naturally or by an imprudent management, be put into motion, it soon degenerates into a horrid cancer.

Out of twenty women afflicted with cancers, fifteen of them are troubled with the disorder betwixt the forty-fifth and fiftieth year of their age, or if in younger persons, their usual menstrual discharges were certainly suppressed.

A cancer that is small, just beginning, and more particularly arising from a bruise, or some other outward cause, in a young and sound person, may, possibly, under good management, admit of a radical or perfect cure; whilst the generality of other cancers not so favourably circumstanced, can only admit of a palliative * cure.

* Mitigating, not removing; not radically curative.

When therefore we are under apprehensions of an approaching cancer, our business is not only to attempt the correction of the acrimony and sharpness of the blood and humors, by the use of both internal as well as external remedies, but a strict regimen with regard to diet, must also be most religiously observed.

In order to this intention, the aliment ought to be such as may afford soft good nourishment, as new-laid eggs, chickens, pullets, rabbits, mutton, veal, lamb, kid, &c. and these boiled sometimes with barley, oatmeal, rice, millet, spinage, endive, succory, lettuce, sorrel, turneps and the like, are much better than roasted. To these may be properly added, at different times, asses, goats or cows milk, chocolate, cray-fish broth, viper broth, small yelfleet oysters, hartshorn jelly, millet, rice or light bread puddings, &c. carefully avoiding all manner of salt and high seasoned meats, pork, ducks, geese, cheese, and the like viscous food. The bread ought to be of good wheat well baked; and the liquors for common drink may either be soft river water that has been boiled, a well-boiled soft small ale, or small white wine, or raisin wine mixed or diluted with water, Bristol water, either alone, or with

with a little milk, barley water, common emulsions, an infusion of maiden-hair, or the following decoctions of sarsaparilla, quick grass, &c.

Take of sarsaparilla root, sliced, one ounce.

Boil it in two quarts of water to one quart, and then strain off the decoction for use, as above.

Take of the fresh root of quick grass, sliced, two ounces; water, three pints.

Let them boil together till a quart only remains; and then strain out the decoction for use.

Having given sufficient directions in regard to diet, I shall now proceed to point out such a method as is most likely for curing an incipient or beginning cancer; carefully avoiding such outward emplastring, suppurative, and acrid applications, as may render a latent cancer ulcerated.

In the first place then, bleeding, or cupping, and that frequently repeated in small quantities, if the patient's strength will admit of it, is absolutely necessary. Issues in the arm or leg

also may be of great use, especially after the menses have ceased flowing; but if either a diminution or suppression of those natural discharges should happen in a proper time of life, they ought, by all means, to be promoted and the body kept open by gentle mild purgatives of manna and cream of tartar, dissolved in whey, or the purging mineral waters of Acton, Epsom, &c. or the following purging electaries, or decoction.

These general things being premised, I shall proceed to some particular remedies, that, if timely administered, may prevent, or even cure this horrid malady in its first approaches.

Take of conserve of red roses, two ounces;
purified quicksilver, half an ounce.

Let them be well rubbed together in a marble mortar, till the mercury disappears, and is well united with the conserve.

Of this electary the patient should take the quantity of a large nutmeg night and morning, for some time, purging once or twice a week with as much as the largest nutmeg or more of one of the purging electaries, or the following decoction.

Take

Take of lenitive electary, an ounce and a half; rhubarb, in powder, vitriolated tartar, each two drams; jalap, in powder, two scruples; aromatic species, one scruple; solutive syrup of roses, as much as is sufficient to make an electary.

Take of lenitive electary, ten drams; magnesia alba, half an ounce; rhubarb, two drams; solutive syrup of roses, a sufficient quantity to make them into an electary.

Besides the use of these electaries as above specified, the patient may, if costive, occasionally take a small quantity at any other time, in order to keep the body soluble.

Take of tamarinds, one ounce, and three quarters of a pint of whey.

Boil the whey with the tamarinds to half a pint, and to the strained liquor, whilst hot, add of manna, from one ounce to two: then strain it and add three or four drams of nutmeg water.

The quantity here prescribed, is intended for a dose, which may be divided into two or
three

three parts, to be taken at short intervals, as the stomach can bear it.

Take of the milder blue ointment, and the best olive oil (or oil of almonds) each two drams; thebaic extract, one scruple.

Mix and make a liniment, a little of which may be gently rubbed in upon a scirrhus breast, once or twice a day, with great benefit to the patient.

Or,

Take of alcalized mercury, one ounce; conserve of red roses, six drams; syrup of marshmallows, as much as is sufficient to make an electary; of which let her take the quantity of a small nutmeg twice a day, drinking a quarter of a pint of the decoction of sarsaparilla, made warm, after each dose.

“ Mercury is often found serviceable for resolving scirrhus tumours, as well by external, as by internal application; but then it must only be in a benign * and incipient (be-

* *Benign*, When all the usual symptoms appear favourably.

ginning)

ginning) scirrhus; for when the concreted matter is impacted almost into a stony hardness, and the scirrhus begins to be malignant, no relief can be expected from the use of the strongest mercurial preparations, nor even from a mercurial salivation itself; but rather that all things will be rendered worse, and the motion of the humours being increased by these remedies, a scirrhus will be the sooner changed into a cancer by these means."

Boerhaave says, that if a grain of corrosive mercury sublimate be dissolved in an ounce or more of water, and a dram of this solution, softened with syrup of violets, taken twice or thrice a day, it will perform wonders in many reputed incurable distempers; but particularly cautions us not to venture upon it, unless the method of managing it is well known.

Take of corrosive mercury sublimate, one grain.

Dissolve it in three ounces of pure water, and add of aromatic tincture, two drams; syrup of violets, one ounce.

After bleeding and gentle purging, let the patient take from three drams to half an ounce
of

of this mercurial solution, two or three times a day, in thin gruel, drinking after it a warm draught either of the decoction of sarsaparilla, or barley, or Bristol water with a little milk : but I would advise no woman to take it without the advice of a physician.

The following mixture and poultice are recommended from good authority, for the cure of recent scirrhus's in the breasts.

Take of Rhenish wine (old rough cyder will do) one pint ; salt of tartar, or wormwood, half an ounce.

Half an ounce, or a large spoonful of this mixture is to be taken two or three times a day.

Dissolve, with a small heat, a proper quantity of venice soap in milk ; reduce this solution of the soap over the most gentle fire, to prevent burning, to the consistence of a soft poultice, which is directed to be laid on a sponge, and applied to the scirrhus part, and secured by applying over it a hog's bladder oiled.

The

The following epithem of Mr. *Wiseman* may be applied with some advantage to an occult or latent cancer.

Take of sugar of lead, one dram; frog's spawn water, but as that is not now in use, rose, or elder flower water, four ounces.

Mix them together, in a leaden mortar with a leaden pestle, if they can be procured, and make a solution.

Or,

Take of elder flower water, four ounces; compound powder of cerusse, one dram; sugar of lead, one scruple; strained opium, half a scruple.

Mix as above.

Or,

Take of rose water, four ounces; burnt lead, two drams; sugar of lead, half a dram; strained opium, half a scruple.

Mix them together.

Or,

Take of the mucilage of quince seeds, or linseed, four ounces; burnt lead, two or three drams; strained opium, one scruple; and mix them well together.

Soft

Soft linen cloths folded, may be moistened in any one of these mixtures, made warm, and applied to the part affected, renewing them from time to time, as occasion requires. But if the pain should be very violent, the quantity of opium in any of the above applications should not only be increased, but it will be also necessary to give the patient now and then six drams, or an ounce either of syrup of diacodium, or fifteen or twenty drops of Thebaic tincture, in a draught of warm wine whey, or else eight or ten grains of the saponaceous pill : for these medicines, by procuring sleep, are excellent remedies against pain and weakness.

In order to restrain the growth of the tumor in a cancer, and moderately discuss it, whilst the humors are evacuating by proper purgatives, Mr. *Wiseman*, among other things, directs the application of clay tempered with vinegar. Sometimes it has been found serviceable to receive the steam of boiling vinegar upon the diseased part, through a funnel, or otherwise, either of common vinegar, or of that in which lavender, elder, roses, or rue has been infused.

The

The medicines ready compounded for the same purpose, and which are at present sold in the shops, are, the saturnine ointment, ointment of three ingredients, and of tutty, and the liniment of three ingredients.

Dr. *Heister*, professor of physic and surgery in the university of *Helmstadt* in *Germany*, says, a thin plate of lead well impregnated with quicksilver, may very conveniently be fastened on the part, and worn there constantly with some benefit: for this method frequently lessens the sense of heat and pain, not to say, continues he, that it frequently prevents the cancer.

The same author, with many others, greatly extols the virtue of millepedes, or wood-lice, in this case; and, perhaps, the best way of administering them is as follows.

Take of live wood-lice, one ounce; fine sugar, two drams; a little powder of nutmeg; and half a pint of simple alexeterial water.

Let the wood-lice and sugar, with the nutmeg, be ground together in a marble mortar.

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then gradually add the water, which being well mixed, strain it with hard pressing.

Two ounces of this expression are to be taken twice a day, shaking the vessel, so that no part of it may be lost.

After all, it may be proper to observe, that the use of an extract of the common hemlock made into pills with the powder of the leaves, has been lately extolled and recommended by Dr. *Storck*, an eminent physician at *Vienna*, who has given it in doses from four, to twenty or thirty grains in a day, for a considerable length of time, without any prejudice to the patient, and sometimes with amazing success, as appears by an accurate history of cases published by him. However, it has not been attended, in the hospitals in *London*, with that success our sanguine expectations formed, on the first publication of his cases, though there are undoubtedly instances of its having dispersed some strumous (king's evil) and scirrhus tumors, which have resisted all other means; and also of some inveterate foul scorbutic ulcers, having grown better, and sometimes been entirely healed by the continued use of the pills inwardly, and the outward application

ration of the cataplasm and fomentation made of the leaves, &c. The forms of which, extracted from Dr. *Storck*, are as follow.

HEMLOCK PILLS.

Take of the fresh leaves of hemlock, as much as you please; bruise them and press out the juice; strain it, and let it be boiled, while fresh, without suffering it to subside or settle (with a gentle heat in an earthen vessel, continually stirring it, lest it burn) to the consistence of a thicker extract than common.

Take of this extract, two drams; of the powder of the dried leaves of hemlock, as much as is sufficient to form a mass for pills; which mass is then to be made into sixty pills.

The dose of these pills is two, three, or even more for stronger constitutions every night and morning.

CATAPLASM OF HEMLOCK.

Take of the leaves of fresh hemlock, well bruised, two ounces; boil them in a suffi-

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cient quantity of water to the consistence of a cataplasm or poultice, then add of gum ammoniacum, dissolved in vinegar, and the best olive oil, each half an ounce. Mix them all together, and make a cataplasm.

HEMLOCK FOMENTATION.

Take of dried hemlock, two ounces ; and of water, two pints.

Put the hemlock into the water boiling ; and having continued the heat for some minutes, strain off the fomentation through flannel.

Almost the same method is to be observed in treating a cancer that is broke or ulcerated ; only in this case the part is to be kept clean, the matter flowing from the sore or ulcer, is frequently to be wiped off, and the ulcer to be filled with soft dry lint ; or, in order to lessen the pain, the part may be washed before it is dressed with the foregoing mixture made warm, of mucilage of quinces, or linseed, burnt lead and opium, page 95, increasing the quantity of opium, if the pain should be very violent. Or, in the room of this the ulcer may be washed at every

every dressing, with a decoction of agrimony, horehound, red roses, plantane and nightshade; and the lint may sometimes be moistened with them. Dionysius advises a raw piece of veal to be laid on the part; but dry powders should never be sprinkled upon a cancer, as it is customary on other ulcers. Tho' varying the application is sometimes very useful, yet we should stick most to those remedies which seem to agree best with the patient. Lastly, Dr. Heister observes, that the *Arquebuse water*, prepared with nightshade water rather than with wine or spirits, being laid on warm and frequently repeated, is of eminent service.

As this famous water, taken from the *Strasbourg Dispensatory*, is of such esteem as to be kept in most families, I shall here, for the sake of the ladies, subjoin the receipt for making it.

ARQUEBUSADE WATER.

Take of comfrey leaves and roots, sage, mugwort, bugloss, each four handfuls; betony, sanicle, ox-eye daisy, common daisy, greater figwort, plantane, agrimony, vervain, wormwood, fennel, each

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two handfuls ; St. John's wort, long birthwort, orpine, veronica, lesser centaury, milfoil, tobacco, mouse-ear, mint, hyssop, each one handful ; wine, twenty-four pounds.

Having cut and bruised the herbs, pour on them the wine, and let them stand together in digestion, in horse dung, or any other equivalent heat, for three days ; afterwards distill in an alembic with a moderate fire.

This celebrated water has for some time been held in great esteem, in contusions, for resolving coagulated blood, discussing the tumors that arise on fractures and dislocations, for preventing the progress of gangrenes, and cleansing and healing ulcers and wounds, particularly gun-shot wounds. Mr. *Lemery* has been at the pains of writing a whole treatise on it ; in which he considers each of the ingredients singly, and supposes the water to possess their united virtues. In this, however, he is mistaken ; for (as Dr. *Lewis* observes) the virtues of most of the herbs, admitting them to be as great as he would have them, reside in such parts as are not capable of being

being elevated in this process of distillation.

Amongst the empyrical medicines, the following is much cried up by many people, as an infallible remedy.

Take two ounces of the warts that grow dangling to the hinder heels of a stone-horse, wash them in common water, then infuse them in white wine all night, and afterwards let them be dried, and reduced to powder.

The dose is half a dram twice a day, in any proper vehicle. A dram of Venice soap given twice a day, either in pills, or dissolved in some proper liquor, is likewise said to cure a cancer.

If notwithstanding all our care an occult cancer becomes ulcerated, we must then endeavour to palliate or mitigate the symptoms in such a manner as may make the poor patient's life as comfortable as her situation then will admit of ; for an ulcerated cancer is scarce or not at all curable.

As

As to the palliative cure, the patient must observe the foregoing directions in regard to diet, frequent bleedings in small quantities, where the strength will permit, gentle mild purgatives from time to time, the testaceous powders and asses milk, or cow's milk diluted with small barley water, a milk diet and the Bristol waters, together with opiates or quieting medicines; which last may, in this case, be looked upon as the sheet anchor.

The testaceous powders may be either the simple crabs claws prepared, or the compound powder of crabs claws, (formerly called Gascoign's Powder.)

From half a dram to one dram of either of these powders may be taken twice a day in half a pint of asses milk, &c. as above.

Or,

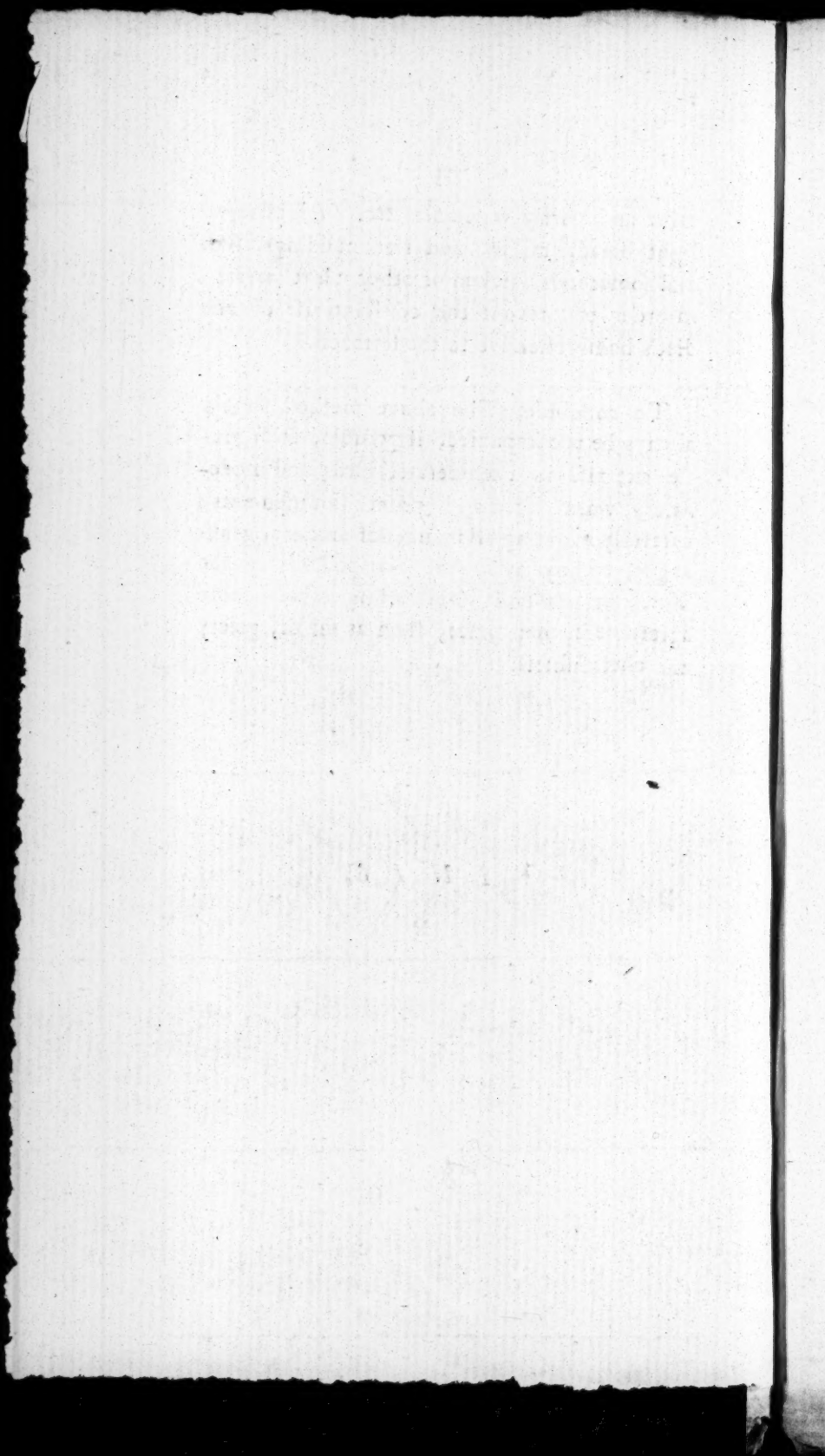
A quarter of a pint of the less compounded lime water, either alone, or mixed with about an equal quantity of milk, may be taken three or four times a day.

Though in this palliative cure of a cancer, a milk diet is directed, yet I would have it understood in a less limited sense, that is, partly milk

milk and partly vegetable, &c. such as fago, light bread, millet, and rice puddings, &c. and sometimes chicken or other white meats; in order to prevent the constant use of one diet's being offensive to the stomach.

To conclude, The above method should always be accompanied, if possible, with gentle exercise in a temperate, clear and moderately warm air, and proper amusements; carefully avoiding all manner of anxiety, grief, anger, or any other irregular passions of the mind, by gradually substituting others more agreeable in their place, such as mirth, gaiety and chearfulness.

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